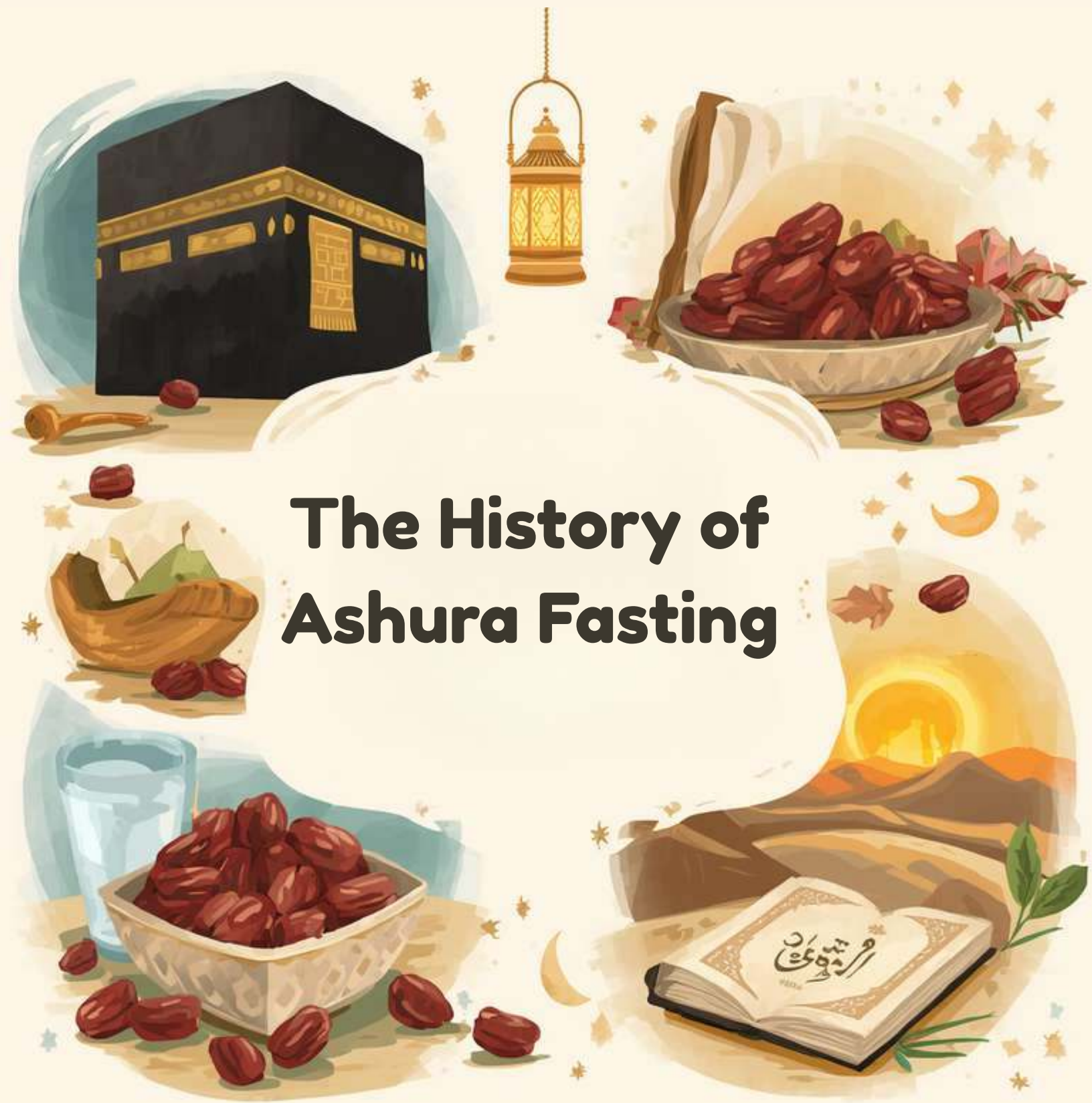

The History of Ashura Fasting

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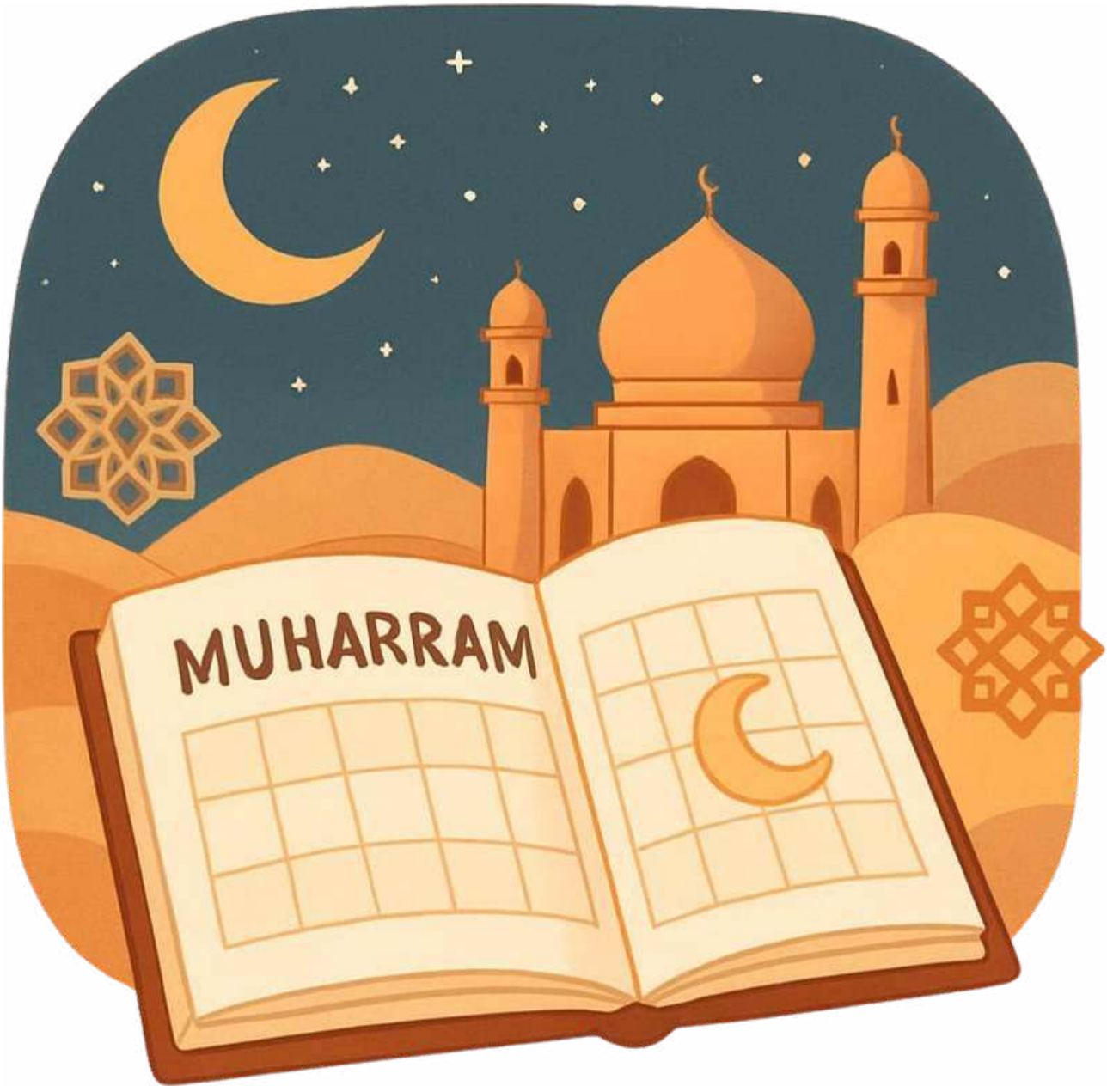
We are now in the month of Muharram, one of the four sacred months in Islam.
In this blessed month, there is a very special day called Ashura, which is on the 10th day of Muharram.



The Prophet Muhammad (peace be upon him) loved fasting on Ashura.
He told us that fasting on this day can help remove the sins of the previous year.
This fast is a sunnah, which means it is very good to do, but it is not required.

When the Prophet (peace be upon him) lived in Mecca, he fasted on this day. The people who worshipped idols in Mecca fasted too. In fact, the Quraisy people had been fasting on Ashura even long before, during the time when people did not yet know about Islam.

When the Prophet (peace be upon him) arrived in Medina, he saw that the Jewish people were fasting on Ashura. They said that Asyura was the day when Prophet Musa (peace be upon him) won against Pharaoh.

Then the Prophet (peace be upon him) said to his shahabah, "You have more right to be happy about Musa than they (the Jewish people) do. So, you should fast." (Narrated by Muslim). At that time, fasting on Ashura was required for all Muslims.

One morning on Ashura, the Prophet (peace be upon him) sent a messenger to one of the villages in Medina to tell the people,
"Whoever has already eaten this morning, let him fast until sunset. And whoever is already fasting, let him keep on fasting."
(Narrated by Bukhari)

At that time, the shahabah quickly followed the Prophet’s instruction and began fasting.They even encouraged their children to join them. To help the children, parents made toys from cloth. If a child cried because of hunger, they would give him the toy to make him happy again. In this way, the children could keep fasting until it was time to break the fast.

In the second year after the Hijrah (when the Muslims moved to Medina), Allah made fasting in the month of Ramadan a must. From that time on, fasting on Ashura was no longer a must. Instead, it became a sunnah.

And so, year after year went by. Near the end of his life, the Prophet (peace be upon him) told his friends to fast on both the 9th and the 10th days of Muharram. He did this to be different from the Jewish people, who fasted only on the 10th. The Prophet (peace be upon him) said, "Next year, we will fast on the ninth day too." (Narrated by Muslim)

But before the next year came, the Prophet (peace be upon him) passed away. From this, we can also learn something important: the Prophet (peace be upon him) did not know things that are hidden in the future, unless Allah told him about them.

Even though fasting on Ashura is no longer a must today, we should still try not to miss it, because its rewards are very great. So, who is ready to fast on Ashura? May Allah make it easy for us. Aameen.

Reference: https://konsultasisyariah.com/23722-sejarah-puasa-asyura.html